

**AUGUST  
2024**

**ISSUE 01**

WORLD HEALTH NETWORK

# KIDS' ZONE

**COVID-CONSCIOUS MAGAZINE**



**PILLARS OF PREVENTION EDITION**

**5 PILLARS OF PREVENTION  
QUIZ!**

**HOW-TO COMIC GUIDE!**

**MULTIPLE LAYERS PING  
PONG!**

**... AND MORE INSIDE!**

**CHECK US OUT ONLINE AT:**



[WHN.global/KidsZone](https://WHN.global/KidsZone)

**EXPLORE | SHARE | CONNECT**



**COVID-conscious:** Keeping COVID risks in mind when exploring, sharing and connecting with others.

# WHAT IT'S ALL ABOUT

## ABOUT US

**KIDS' ZONE COVID-CONSCIOUS MAGAZINE IS A FREE PUBLICATION CREATED BY THE WORLD HEALTH NETWORK'S PSYCHOSOCIAL CHILDREN'S GROUP.**

**OUR MISSION IS TO FEATURE MATERIALS FOR KIDS THAT HIGHLIGHT STORIES, ART, SCIENCE, AND LIFESTYLE OF COVID-CONSCIOUS FAMILIES.**



FEATURING WORKS FOR AND BY KIDS OF ALL AGES. ADULTS CAN SUBMIT THEIR OR THEIR CHILD'S WORKS AT [WHN.GLOBAL/KIDSZONE](http://WHN.GLOBAL/KIDSZONE)



[WHN.global/KidsZone](http://WHN.global/KidsZone)

pages 4-8

## THE 5 PILLARS OF COVID PREVENTION

Meet the 5 Pillars, Test Your Knowledge, Take Our Quiz, Learn How to Pillar, and Become a COVID Prevention Wiz!

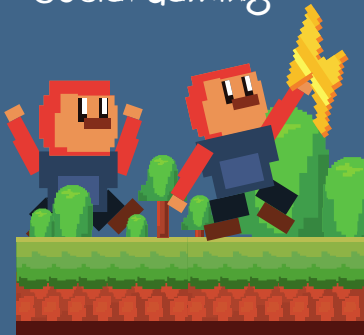


pages 9-13

## OUR SCHOOL

Whether it be traditional, home, micro, virtual, forest, or un-schooling (or any combination), kids from around the world share about cool COVID-conscious happenings in their schools and give tips on masking in style!

This Edition:  
Social Gaming



pages 14-16

## SCIENCE THROUGH PLAY

Learn how multiple layers works through a fun game of ping pong!



pages 16-17

## HOW-TO COMIC

Create a COVID-conscious comic using sequential art skills and your imagination!

# WHAT IS COVID?

COVID-19 is an illness caused by a tiny germ called a **virus** that can only be seen with a very strong **microscope**.

When one person has the virus in their body it can make them feel sick sometimes, and other times they don't feel sick. Either way they can breathe it out and when it gets into the air another person can breathe it in and may get sick.

We often do not know who has COVID-19 so we use **protections** to stop it from spreading from one person to another. We call these protections:

**THE 5 PILLARS OF COVID-19 PREVENTION**

## MICROSCOPE

A tool scientists use to see things that are too small to see with our eyes.



## VIRUS

A germ that can get into people's bodies and make them sick.

## AIRBORNE: SPREAD THROUGH THE AIR



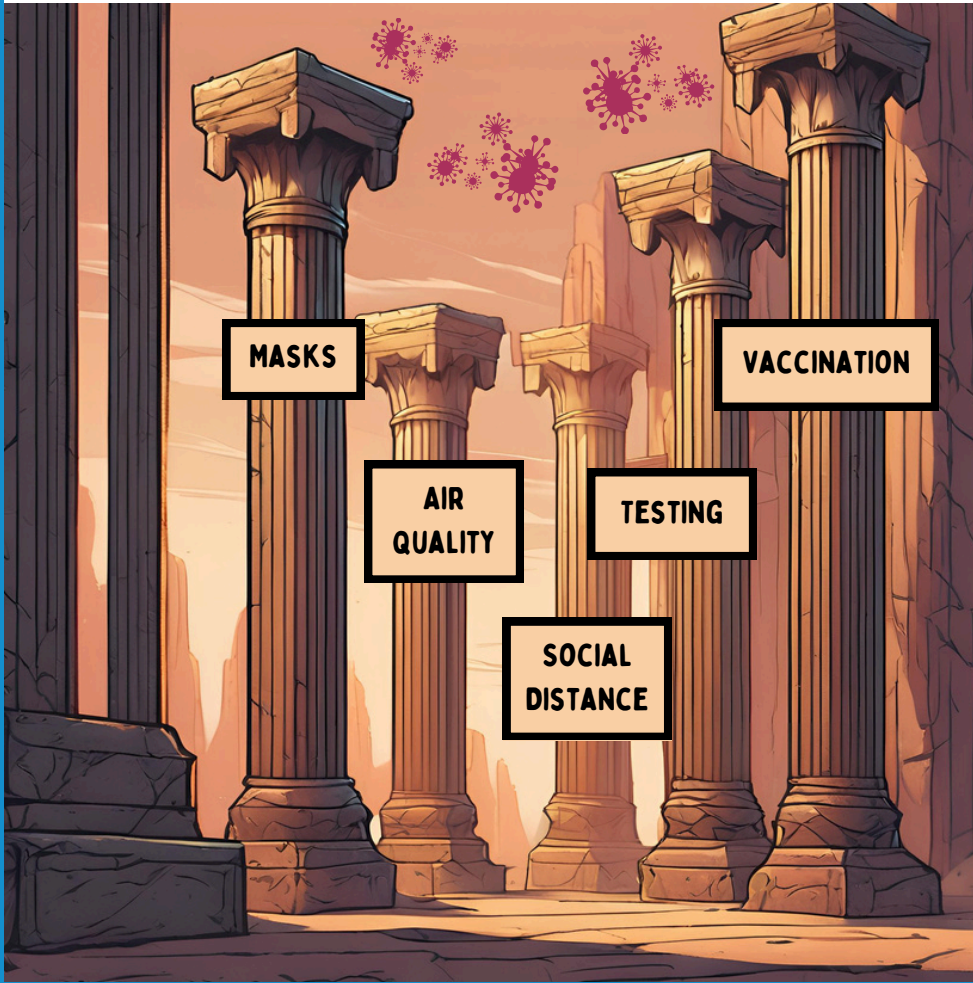
The virus that causes COVID-19 moves like smoke across long distances and can stay in the air for hours.

## FACE MASKS

Face masks help by trapping the virus in them and are one of the strongest pillars of prevention!



# THE FIVE PILLARS OF COVID-19 PREVENTION



WHY  
PILLARS?

THEY  
SUPPORT  
EACH  
OTHER IN  
CARRYING A  
HEAVY  
LOAD.



## THE 5 PILLARS

Masks  
Air Quality  
Social Distance  
Testing  
Vaccination

## OF PREVENTION

Together they  
reduce the  
chances of getting  
COVID-19 or giving  
it to others!

## TIPS

If you are weaker in one pillar of prevention, you can level-up the other pillars to help! For instance, if a place doesn't have as good of air quality, you can wear a better fitting or filtering mask and add distance.



Don't worry-  
-We got ya!

# How do YOU Pillar?

## I HIKE OUTSIDE WITH FRIENDS AND FAMILY

Not only is hiking a fun way to explore nature, but it is also using the Air Quality pillar of prevention! Masks work better in areas with good air quality. It is also easier to social distance in wide nature areas.

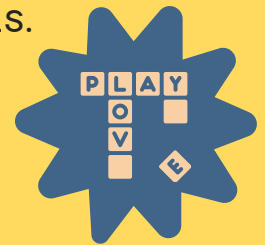


## I WEAR A N95/KN95/KF94 RESPIRATOR MASK

Organizing masked get-togethers with others outside of your household is an excellent way to use the Masking pillar of prevention. N95/KF94/KN95 masks capture airborne particles like the COVID-19 virus.



## I PLAY GAMES ONLINE AND VIDEO CHAT



The Social Distance pillar also includes virtual get-togethers, such as playing:

- classic games that work well with video chat, like Yahtzee.
- online version of games, like Scrabble using the Pogo App,
- video/computer games, like Minecraft, that connect online
- or just video chatting



How do YOU Pillar? Adults, parents, and guardians submit your or your child's paragraph at [WHN.global/KidsZone](https://www.whn.global/KidsZone)

Let's Play

Today's

**QUIZ**

Question

SO, you think you know the pillars?  
Let's find out!



WHICH OF THE FOLLOWING IS NOT A PILLAR OF PREVENTION FOR COVID-19?

A

AIR QUALITY

B

HAND-WASHING

C

SOCIAL DISTANCE

D

MASKING


find the answer on the  
next page





The answer is...  
**B. Hand-washing!** ✓  
...Let's Review Why!

WHY?



Hand-washing is **NOT** one of the 5 Pillars of COVID Prevention since it does not prevent diseases that **spread through the air**- which is the **main way COVID-19 spreads!**



**BUT**

It is **STILL** a good idea to wash your hands-- It protects from germs that spread on surfaces, which COVID can sometimes do as well!

**100%**





# OUR SCHOOL



How do you  
school?

Whether it be in-person or virtual, traditional or non-traditional, preschool to college, micro, forest, home on un-school, we want to hear about COVID-prevention-themed happenings at yours! Adults, parents, or guardians enter your or your child's submission at [WHN.global/KidsZone](https://WHN.global/KidsZone) !



# SOCIAL GAMING



## Virtual Socializing is Awesome!

I like playing Minecraft with my friends online, exploring fantasy worlds together. Today my friend and I built escape rooms for each other, which was incredibly fun to make and play through. I also play on Outschool classes with a bigger group of kids and a teacher. We set social gaming rules: no tricking, trapping, or griefing, which is nice because we know our builds are safe. We explore together too. Recently we all beat the Ender Dragon in Survival Mode-- It was EPIC!

## My setup



internet



Laptop



Switch online



Online Class



TV



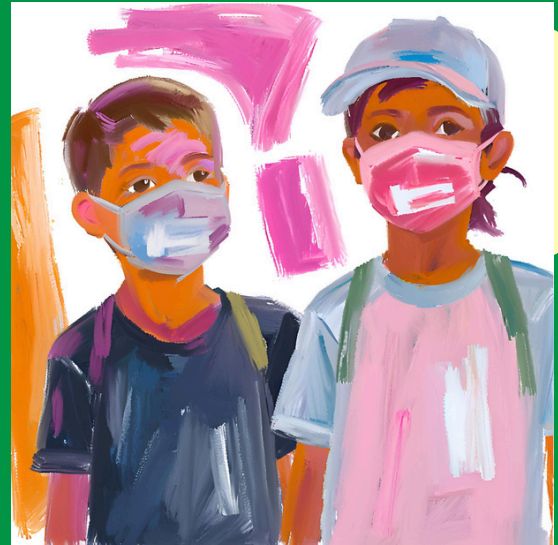
Game

friends /  
classmates





Researching, discovering, and sharing hobbies, jobs, and careers that keep COVID-19 protection in mind is inspiring and empowering. Today we highlight graphic design, painting, and nature photography! These can be done virtually, at home, and/or with social distance.



## EXPLORATION COVID-CONSCIOUS HOBBIES, JOBS, AND CAREERS



Have a hobby, job, or career you would like highlighted? Adults, parents, or guardians submit your or your child's idea, research, experience, or an interview with a person in a COVID-conscious field at [WHN.global/KidsZone](https://www.whn.global/KidsZone) for a chance to be featured in our next edition.



FASHION

# MASKING

Is there a special way you have dressed up a mask? We would love to see how you have masked in style! Adults, parents, or guardians send your or your child's submissions to us at [WHN.global/KidsZone](https://www.whn.global/KidsZone) for a chance to be featured in our "Fashion Masking" section!

# VIBRANT OUTFITS



## DRESS

Coordinating mask colors or pattern with an outfit is a fun way to style up a mask. However, never alter a mask without checking with your parent or guardian to make sure the alteration doesn't affect its fit, filtering ability, or breathability.

## OUTERWEAR

Looking for ways to beat the heat? Check out:

- 1.) A bladeless necklace fan: It sits around your neck and blows a cool breeze.
- 2.) SIP Airtight Drinking Valve insert: It allows for safely drinking through a straw while wearing a mask.

## FASHION ITEMS



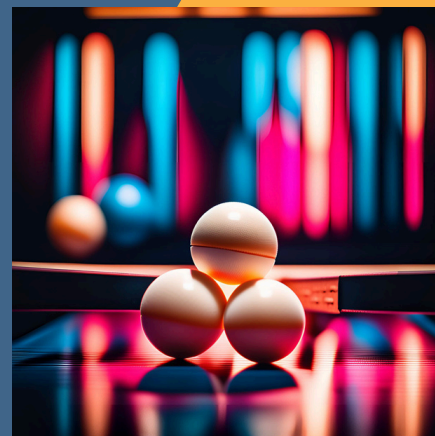
# SCIENCE

## THROUGH PLAY



Today's Question: How do multiple layers work?

# Multiple Layer Ping Pong Experiment



## Question

How many pieces of rice/tissue paper can you hit a ping pong ball through?



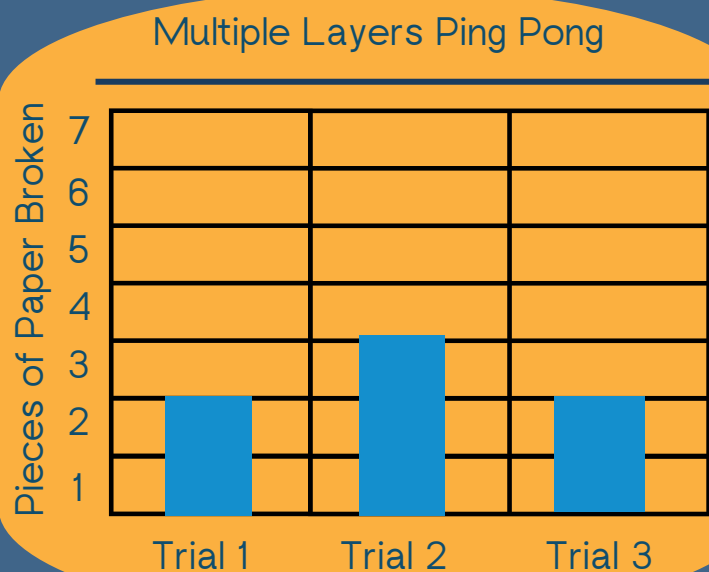
## Supplies

- Ping Pong Ball (1)
- Paddle (1)
- Rice/Tissue paper (6-15 sheets)
- Duct tape (one roll)
- Something to tape the papers onto like in the picture to the left.


## Instructions

Tape the tissue paper so that each piece is taut and approximately 4 inches apart.

Hit the ball hard with the paddle and see how many layers it breaks through. Try it 2-3 times and record your results as a bar graph.



What did you learn about layers and how can this apply to using layers of protection for COVID-19?

 Make a bar for each trial up to the number of broken papers

Want to share your results? Adults, parents, and guardians submit to [WHN.global/KidsZone](https://www.who.int/global/kidszone)

# HOW TO

# COVID-CONSCIOUS COMIC

You can use sequential art, AKA comics, to identify and playfully work through every day problems. Let's make a COVID-conscious themed comic together!

## CREATE YOUR BOXES

First...

Start by taking a piece of paper and dividing it into 6 boxes.



## DRAW A SHAPE

in the first box

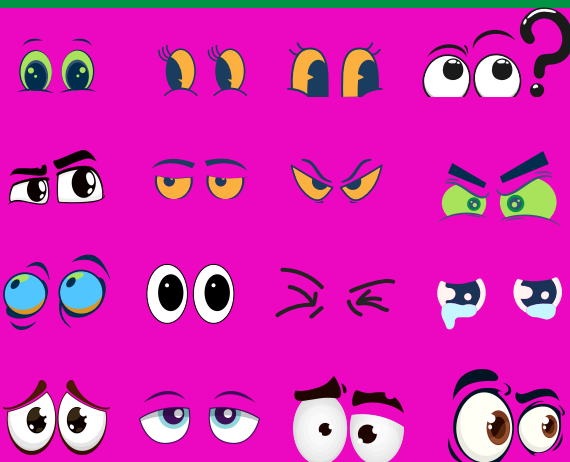
Draw a few shapes on a scrap paper and choose one that interests you to put in the first box.

## MAKE A POSE

Add arms and legs to make a pose.



then..



## ADD EYES

to your character

What eyes speak to you? Shape, size, and eyebrows can add emotion to your characters' eyes.



now..

## PICK A MASK

Choose a style that interest you. It can be anything from a plain rectangle to an intricate mask design in any color! You can even make a clear window mask if you want!



Box 2



## PROBLEM

In Box 2 draw a problem. A problem can be a worrisome thought (internal conflict) or a villain or outside factor (external conflict). Don't forget to make it COVID-conscious themed!

Boxes  
3-6

## SOLVING

In boxes 3-6 try to help your character find a solution, like calling on a heroic character to help, finding a new tool to use, solving a puzzle, learning a new skill. Think of how your character will grow.

TIP

You can add words, sounds, or symbols to complement your drawings.



**TO FEEL INTRIGUED ENERGIZED AND ENGAGED**



**WHN.global/KidsZone**

Welcome to the World Health Network Kids' Zone Magazine! Although COVID-19 is a serious topic, living a COVID-Conscious lifestyle can be fun and rewarding. In this magazine we highlight the many ways kids explore, share, and connect!

**LET'S JUMP INTO THE KIDS' ZONE!**